

## Chef Salad35

Number of Servings: 35 (315.37 g per serving)

Amount	Measure	Ingredient
4 1/4	lb	Lettuce, iceberg, shredded
31 1/2	oz	Lettuce, romaine, fresh, chpd
31 1/2	oz	Lettuce, bibb, fresh
2 3/4	lb	Beef, bottom round roast, lean, rstd, select, 1/8" trim
31 1/2	oz	Cheese Product, American, past, proc, rducd fat, slice
5 1/4	lb	Peppers, bell, green, sweet, fresh, med, 2 1/2"
4 1/4	lb	Tomatoes, red, fresh, year round avg, med, 2 3/5"
17 1/2	ea	Eggs, hard bld, lrg

### Nutrients per serving

Nutrition Facts	
Serving Size (315g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 80</b>
	% Daily Value*
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 140mg</b>	<b>47%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 6g	
<b>Protein 21g</b>	
Vitamin A 70%	Vitamin C 120%
Calcium 30%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

\* Boil and cool, peel and refrigerate eggs DAY BEFORE. Roast the beef the DAY BEFORE (OR DEFROST FROZEN ROAST BEEF A FEW DAYS BEFORE) without salt, cool and refrigerate.

\* use fresh roast beef that has been cooled or cooled and frozen. Deli meats are too high in sodium.

Wash hands and use clean gloves to wash, drain and prepare vegetables.

Tear greens into bite-sized pieces, mix and cover.

Wash green peppers and tomatoes. Slice green peppers in to enough slices for 1slice/salad. Cut tomatoes in to wedges so 2 wedges can be placed on each salad. Cover and refrigerate each prepared vegetable separately at 40 degrees or below until time to assemble and serve salads.

Cut meat and cheese into thin strips; cut eggs in to quarters: refrigerate at 40 degrees F or below until ready to assemble and serve salads.

When time to serve, portion 2 cups mixed greens on large bowl or plate.

Arrange 1 1/2 oz beef and 1 oz cheese on each serving. Garnish with 1 green pepper ring, 2 tomato wedges and 2 egg quarters.

Serve with choice of Fat Free Salad Dressings, 2 oz ladle or 4 Tablespoons or 1/4 cup/serving.

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